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This listing of claims will replace all prior versions, all listings, of claims in the application:

Listing of Claims:

Claims 1-32 (Cancelled)

Claim 33. (Previously Presented) A method of treating hot flashes associated with menopause in a woman, comprising:

providing at least one cooling device in a package;
and

instructing a woman to remove the at least one cooling device from the package and to place the at least one cooling device at a location on the upper back of the woman who is experiencing a hot flash or is prone to experiencing hot flashes.

Claim 34. (Cancelled).

Claim 35. (Original) The method of claim 33, wherein the at least one cooling device comprises an adhesive patch.

Claim 36. (Original) The method of claim 35, wherein the at least one cooling device comprises a water-containing gel coupled to a gas-permeable substrate.

Claim 37. (Cancelled)

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Claim 38. (Original) The method of claim 36, wherein the water-containing gel comprises a polyacrylic acid component.

Claim 39. (Cancelled)

Claim 40. (Cancelled)

Claim 41. (Original) The method of claim 33, wherein the at least one cooling device is free of a pharmaceutical agent.

Claim 42. (Cancelled)

Claim 43. (Cancelled)

Claim 44. (Original) The method of claim 33, comprising instructing the woman to apply the at least one cooling device at a location between the shoulder blades of the woman.

Claim 45. (Original) The method of claim 33, comprising instructing the woman to apply the at least one cooling device to a region located between the C3 vertebrae and the T6 vertebrae.

Claims 46-54 (Cancelled)

Claim 55. (Previously Presented) A method of treating hot flashes associated with menopause in a woman, comprising:

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placing at least one cooling device at a location on an upper back of a woman who is experiencing a hot flash or is prone to experiencing hot flashes, the cooling device comprising a water-containing gel.

Claim 56. (Previously Presented) The method of claim 55 further comprising the step of removing the cooling device from a package prior to the step of placing the at least one cooling device at a location on the upper back.

Claim 57. (Previously Presented) The method of claim 55 wherein the at least one cooling device comprises an adhesive patch.

Claim 58. (Previously Presented) The method of claim 55 wherein the at least one cooling device further comprises a gas-permeable substrate coupled to the water-containing gel.

Claim 59. (Previously Presented) The method of claim 55 wherein the water-containing gel comprises a polyacrylic acid component.

Claim 60. (Cancelled)

Claim 61. (Previously Presented) A method of treating hot flashes associated with menopause in a woman, comprising:

removing at least one cooling device from a package;

and

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placing the at least one cooling device at a location on an upper back of a woman who is experiencing a hot flash or is prone to experiencing hot flashes.

Claim 62. (Previously Presented) The method of claim 61 wherein the cooling device comprises a water-containing gel.

Claim 63. (Previously Presented) The method of claim 61 wherein the at least one cooling device comprises an adhesive patch.

Claim 64. (Previously Presented) The method of claim 61 wherein the at least one cooling device further comprises a water-containing gel coupled to a gas-permeable substrate.

Claim 65. (Previously Presented) The method of claim 62 wherein the water-containing gel comprises a polyacrylic acid component.

Claim 66. (Cancelled)